

# Trauma, Stress, & Reflective Parenting

A Live Zoom Training For Clinicians  
& Other Family Service Professionals

Hosted by the *Minding the Baby*® (MTB) National Office

Thursday February 10, 2022 ~ 1-3pm EST (GMT-5)

Registration Fee: \$50 per participant

## Training Focus

Delivered by MTB Co-Founder Dr. Arietta Slade, this session involves the exploration of several factors that make it harder for parents to respond sensitively and reflectively, particularly in moments of distress or conflict. The more a parent feels threatened – by the ghosts of their own relational trauma and unmet attachment needs, by the child and their needs, or by real, external threats to their own agency and survival – the more likely they are to struggle as a parent. When they are highly stressed, namely in fight, flight, or freeze mode, when the primitive, automatic parts of the brain are activated by real or imagined threats, their capacity to give care and fully experience the delights of intimacy will be compromised.

Internal and external threats to safety will be addressed, including the psychological sequelae of childhood relational trauma, toxic stress, racism, cultural oppression, and historical trauma. The perpetual activation of the stress response – be it in response to interpersonal trauma, or to hunger and/or homelessness and joblessness, and/or being assaulted or marginalized by those in power – can make it difficult to provide a secure base, and – perhaps most important – to remain engaged with the child's distress when they need it most.



**Arietta Slade, PhD** is Professor of Clinical Child Psychology at the **Yale Child Study Center**. An internationally recognized theoretician, clinician, researcher, and teacher, she has written widely on the development of parental reflective functioning, the implications of attachment for child and adult psychotherapy, and relationship-based infant mental health practice. She is Co-Founder and Director of Training for *Minding the Baby*® (MTB), an evidence-based interdisciplinary reflective home visiting model developed for young, first-time parents facing adversity. Dr. Slade is also an author, with Jeremy Holmes, of *Attachment in Therapeutic Practice* (Holmes & Slade, SAGE Publications, 2018); and editor of the six volume set, *Major Work on Attachment* (Slade & Holmes, SAGE Publications, 2014), of *Mind to Mind: Infant Research, Neuroscience, and Psychoanalysis* (Jurist, Slade, & Bergner, Other Press, 2008), and *Children at Play* (Slade & Wolf, Oxford University Press, 1994). Currently, she and her MTB colleagues are writing a book on reflective parenting (Forthcoming, Guilford, 2022). She has also been in private practice for nearly 40 years, working with individuals of all ages.



Register here: <http://bit.ly/3cgJHeR>

E-mail questions to: [mindingthebaby@yale.edu](mailto:mindingthebaby@yale.edu)

Visit us on the web: [www.mtb.yale.edu](http://www.mtb.yale.edu)



Minding the Baby®  
MTB National Office

*Minding the Baby*® is run jointly through the Yale School of Nursing and Child Study Center.